

ABSTRACT OF THE DISCLOSURE

A spring system for relatively displacing elements attached to end mounts of the rod assembly comprises a housing having a rod member movable between extended and retracted positions relative thereto, and a first compression spring in the housing surrounded by a second compression spring for biasing the rod member to one of an extended or retracted position relative to the housing. The two springs are oppositely wound whereby, from a compressed condition, the spring rod exerts an expansion force which increases at a linear rate. The spring system includes a valve arrangement to control the rate at which the spring rod moves from a retracted position to an extended position.

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